

# Registered Class & Flex Pass Schedule

www.MuscleMemory.ca / 604-948-FITT

Scheduled Classes  
Drop-in classes (PP)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Boot Camp (M/W/F) Shannon	Spin Express Shannon	Boot Camp (M/W/F) Shannon	Spin Express Shannon	Boot Camp (M/W/F) Shannon	
7:00am		Women's Only Rob				
8:00am	<i>Online*</i> Women Only Barbara		<i>Online*</i> Women Only Barbara		<i>Online*</i> Women Only Barbara	
9:00am	<u>9:15am</u> Boot Camp Evan	<i>Online*</i> <u>9:15am</u> Senior Strength Anne	<u>9:15am</u> Boot Camp Evan	Golf Fit Rob <i>Online*</i> <u>9:15am</u> Senior Strength Anne Boot Camp Morgan	<u>9:15am</u> Boot Camp Evan	
10am		Boot Camp Jarrett Golf Fit Rob				
5:00pm						
6:00pm		Boot Camp Morgan <i>Outdoor*</i> Boot Camp Rob		Boot Camp Morgan		
7:00pm				<i>Outdoor*</i> Boot Camp		

All classes and times are subject to change and cancellation